

BRFSS

Fact Sheet

Alcohol Consumption



Tennessee
Department of Health

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A substantial proportion of the population drinks alcohol.¹ Although light-to-moderate drinking may have beneficial effects on the heart, particularly among those at greatest risk for heart attacks, heavy drinking can increase risk for high blood pressure, stroke, liver disorders and certain forms of cancer.¹ In addition, alcohol is an important factor in motor vehicle crashes, homicide, suicide, marital violence, child abuse and high-risk sexual behavior.¹ Two of the Healthy People 2010 objectives are to decrease the proportion of adults who exceed guidelines for low-risk drinking and the proportion who engage in binge drinking to 50% and 6%, respectively.¹ Reaching these goals is important for increasing the quality and years of healthy life for all Tennesseans.

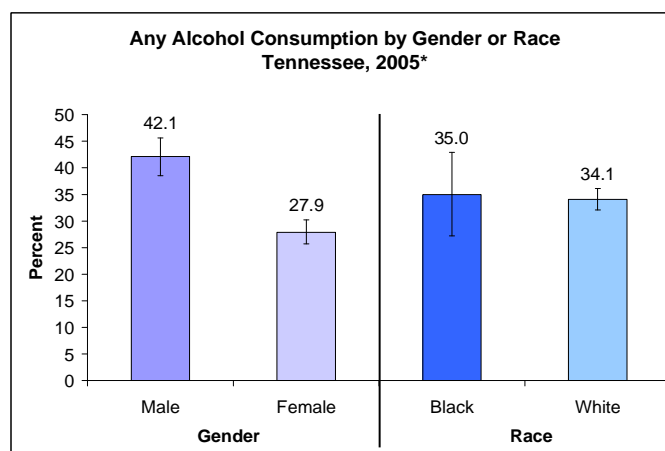
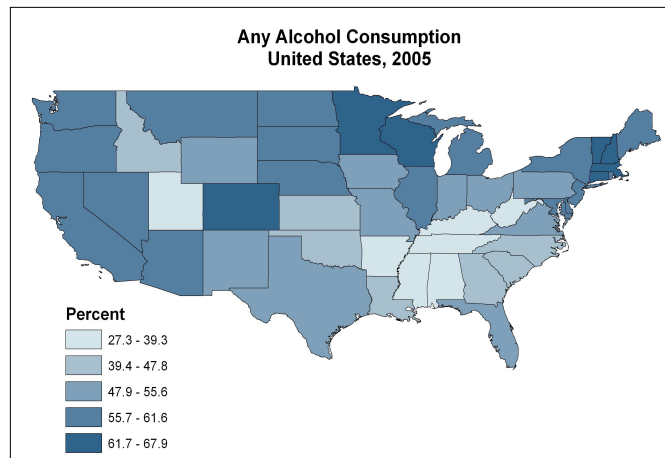
- In 2005, 34.7% of adult Tennesseans reported drinking at least one alcoholic beverage (beer, malt beverages, wine or liquor) in the past 30 days, compared to 56.2% for the United States.² Among all 50 states, Tennessee had the 3rd lowest prevalence of alcohol consumption.

- The prevalence of heavy drinking in Tennessee was 3.4%, and the prevalence of binge drinking was 8.6%. This was slightly lower than for the United States as a whole (4.9% and 14.4%, respectively).²

- The prevalence of any alcohol consumption was similar in blacks (35.0%) and in whites (34.1%). Binge drinking was more common in blacks (13.6% \pm 6.5)* than in whites (7.7% \pm 1.1).

- Alcohol consumption was more common among males (42.1%) than among females (27.9%).

- Although the legal drinking age in Tennessee is 21 years, 21.5% of 18-20 year olds reported that they had at least one alcoholic beverage in the past 30 days.



Definitions:

Heavy Drinking:

Men having more than 2 drinks per day and women having more than 1 drink per day.

Binge Drinking:

Having more than 5 drinks on one occasion.

References:

1. U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.
2. Centers for Disease Control and Prevention (www.cdc.gov/brfss)

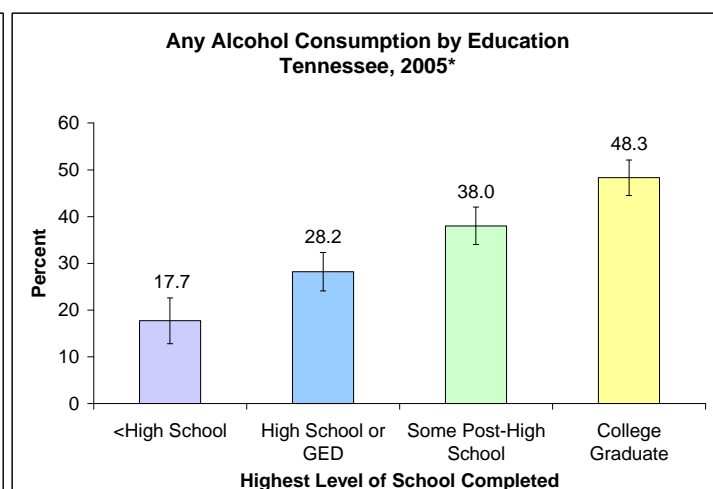
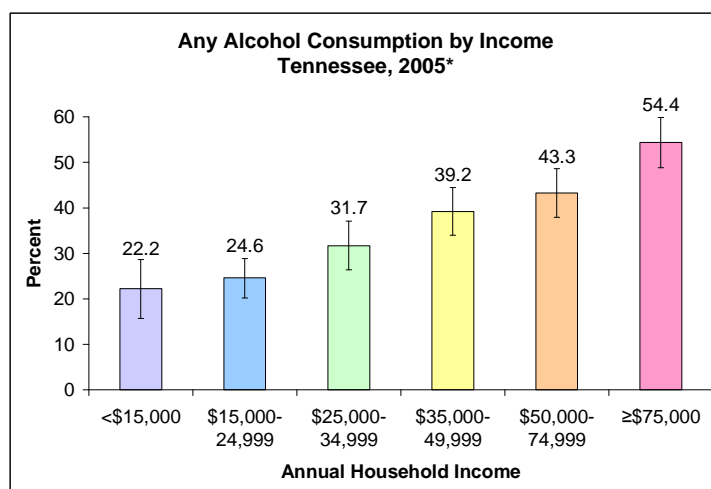
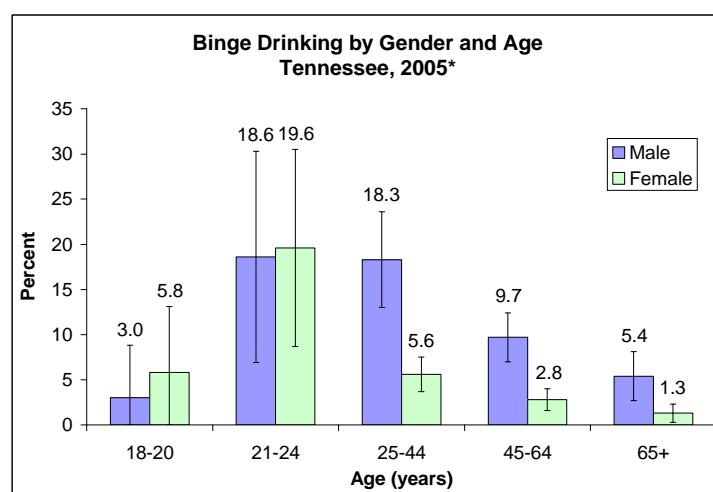
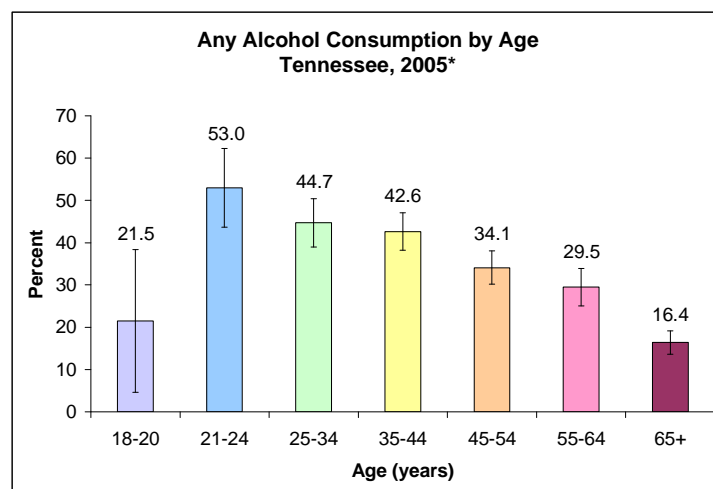
Prepared by the Tennessee Department of Health; Office of Policy, Planning and Assessment; Surveillance, Epidemiology and Evaluation section based on 2005 TN Behavioral Risk Factor Surveillance System data.

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- Alcohol consumption decreased with increasing age, from 53.0% among 21-24 year olds to 16.4% among those 65 years and older.
- Among females, binge drinking was most common among those 21-24 years of age. Among males, binge drinking was most common among those 21-44 years of age.
- Alcohol consumption increased with increasing education level, from 17.7% among those who did not graduate from high school to 48.3% among college graduates.
- Alcohol consumption also increased with increasing annual household income, from 22.2% among those with an income of less than \$15,000 to 54.4% among those with an income of \$75,000 or more.



*The number above each column indicates the percent value for that column. Error bars represent 95% confidence intervals, as do ranges for percentages given in the text.